

# Workfit Program

For Nashoba Valley Chamber Members



The Chamber that opens doors.

100 Sherman Ave., Suite 3  
Devens MA 01434  
978-772-6976  
[www.nvcoc.com](http://www.nvcoc.com)



**ORCHARD HILLS ATHLETIC CLUB**

100 Duval Road  
Lancaster MA 01523  
Off Exit 34, Route 2  
[www.orchardhillsathleticclub.com](http://www.orchardhillsathleticclub.com)  
978-537-8387

- In business for over 34 years
- Indoor lap pool/whirlpool
- Resistance equipment
- Racquetball courts
- Tennis courts
- Full basketball/volleyball court
- Indoor walking/jogging track
- Group exercise and bike classes
- Water aerobics
- Private trainers
- Referral \$\$Cash Back\$\$ Program
- Outdoor pool / 140' Waterslide
- Cancer & Wellness program
- Pilates/Yoga
- Massage Therapy
- Athlete Training Program
- Kids Club/Swim Lessons
- Youth Programs/Birthday Parties
- Weight Loss Program
- Health Alliance Physical Therapy
- Optimum Performance

Orchard Hills Athletic Club has partnered with Nashoba Valley Chamber of Commerce to offer our members an employee benefit at NO cost to the employer.

A traditional membership at OHAC would cost \$58 per month plus enrollment fee. Through the Workfit Program with NVCoC, a membership would cost \$9 per week, which calculates to \$39 per month. In addition, OHAC will waive the enrollment fee and there is no long-term commitment.

## *Here is how the program works:*

- Employer contacts Orchard Hills Athletic Center to sign up for the Workfit Program. OHAC will provide quarterly information (such as payroll stuffers and new staff packets) to the employer for it's employees.
- OHAC will invoice the employer monthly. Businesses may payroll deduct the amount that they deem appropriate.
  - Employee memberships cost \$9/week. Spouses are an additional \$9/week, and children are an additional \$5/week.

As businesses struggle to reverse the trend of rising health insurance costs, exercise programs are becoming essential to their economic livelihood.

The most obvious benefit of an OHAC Workfit Program is that it allows businesses to reduce the total number of medical claims each year.